

ELIM PIZZA **GF DF Low**

Gluten Free Dairy Free Low Chemical
2 individual pizzas

Pizza base: ready made or make the pizza base according to the packet/recipe

- This recipe uses 2 prepared pizza bases from **CHOICES** bread shop (no soy). Each base is roughly 20cm round.

Other options suitable for these elimination restrictions include

- Orgran GF pizza mix (contains soy)
- Commercially ready-made made: *Healthy Feast: Fresh GF Pizza Bases* (contains soy)



Topping Ingredients:

4 chicken tenderloins (OR 1 x 125g can of 4 bean mix if vegetarian)

1 ½ cups pre-made choko or pear chutney

2 medium potatoes

1 small clove garlic

2 shallots, diced

¼ leek, diced

1 stalk celery, diced

¼ cup chopped parsley

Suitable oil (vegetable or canola or ricebran)

Method:

- Preheat oven to 180°C.
- Cut potatoes into 2cm cubes
- Microwave, boil or steam the potatoes until just soft
- Put both pizza bases on alfoil on an oven tray and cook them for 10 minutes before adding the toppings

While the base is cooking:

- Cut the chicken tenderloin into small cubes and fry until cooked
- Peel and crush the garlic clove. Sprinkle salt, oil and garlic over the just soft potatoes and fry them in a fry pan till lightly browned.
- Add oil to a second frypan and stirfry shallots, leek, celery & parsley for ~5 minutes. Remove from the pan.

Once the pizza base is out of the oven

- Cover it with pear or choko chutney and cooked shallots & celery mixture
- Sprinkle the chicken & potatoes over the top.
- Salt to taste
- Add back to the oven for 5-10 more minutes to heat everything through